



Alignment Healthcare



Nourishing Home, Health & Heart



Senior Lunch Menu – June 2019

FAIRHAVEN

MEMORIAL SERVICES · MISSION VIEJO
MEMORIAL PARK & MORTUARY · SANTA ANA
Dignity Memorial® Providers
FD 1912 · FD 1913 / COA 659

Monday	Tuesday	Wednesday	Thursday	Friday
3 Tomato Florentine Soup w/Salt-Free Crackers Open Face Turkey San. (w/Turkey Gravy & Mashed Potatoes) on a WW Bread (1) Cranberry Sauce SF Cookie	4 Grilled Hamburger (w/shredded lettuce, sliced tomato & onion) on a WW Bun Baked Chips Mayonnaise & Relish Melon	5 Beef Taco Salad (Chopped lettuce, pinto beans, diced tomatoes, shredded cheese, tortilla strips, cilantro lime dressing) Orange Juice SF Custard	6 Baked Ziti Harvest Salad (w/Slivered almonds, cranberries & red wine vinaigrette dressing) Breadstick w/Promise Mandarin Oranges	7 Chicken Fajitas (w/Fajita Vegetables) Pinto Beans Garden Green Vegetable Salad w/Italian Dressing Flour Tortilla (1) Tropical Fruit Mix
10 Orange Chicken w/ Orange Glaze Sauce Brown Rice Brussel Sprouts Pudding Diet: Diet Pudding	11 Homemade Beef Stew (w/Potato & Stew Veggies) Winter Vegetable Blend Biscuit w/Promise Melon	12 Mexican Fiesta Beef Casserole Spanish Rice Pinto Beans Orange Juice SF Fruit Crisp	13 Egg Drop Soup w/Salt-Free Crackers Chinese Chicken Salad (Napa cabbage, red cabbage, shredded carrots, mandarin oranges, slivered almonds & sesame dressing) WW Dinner Roll w/Promise Canned Pineapple	** 14 ** Father's Day Celebration Stuffed Bell Pepper Baby Baker Potatoes w/Promise Chef Cut Vegetables Parker House Roll Chocolate Cake w/Ice Cream Diet: Fresh Fruit
17 Beef Bolognese Pasta w/Parmesan Cheese 50/50 Salad w/Vinaigrette Orange Juice Breadstick w/Promise SF Fruit Crisp	18 Homemade Vegetable Soup w/SF Crackers Grilled Chicken w/Lemongrass Sauce Steamed Rice Oriental Vegetable Blend Diced Pears	19 Chicken Enchilada Casserole Spanish Rice Zucchini, Corn & Tomato Salad Melon	20 Fish Tacos w/Shredded Red & White Cabbage Pico de Gallo & Salsa Soft Corn Tortillas (2) Cilantro Lime Rice Pudding Diet: Diet Pudding	** 21 ** First Day of Summer Hot Dog on WW Bun w/Diced Onions [Mustard, Ketchup & Relish] Baked Beans Carrot Raisin Salad SF Popsicle Diet: Fresh Fruit
24 Homemade Mexican Corn Soup w/Salt-Free Crackers Chicken Torta (Shredded chicken, pinto beans, lettuce, tomato) French Roll Mayonnaise Melon	25 White Fish w/Sweet & Sour Sauce Green Beans Brown Rice WW Bread w/Promise Tropical Fruit Mix	26 Beef Meatballs w/Swedish Sauce on Egg Noodles Beet & Orange Salad Fruited Gelatin	27 Grilled Chicken Breast w/Chipotle BBQ Sauce Pinto Beans Flour Tortilla (1) Mexican Corn & Zucchini Orange Juice Diet Custard	28 Turkey Pot Roast w/Brown Gravy Mashed Sweet Potatoes Broccoli Diet Cake

Suggested Donation - \$3.00

Meal Cost for Under Age 60 - \$5.00

Vegetarian Meal



All meals comply with the Dietary Guidelines for Americans (DGA) 2015 & Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reason of quality control, price or vendor problems. This project is funded in parts through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors. Sugar free desserts and water packed fruits are used throughout the menu to accommodate diabetics. 1% Milk served daily. indicates sodium content over 1,000 mg. * indicates a special event or Holiday and the menu MAY exceed 1,000 mg. Low Cholesterol, 0% trans-fat buttery spread served with bread & rolls. Weekly average lunch meal provides >550 calories. Please note condiments are not analyzed and may increase sodium.